

## Only You Can Be You

Day 12

### ROLLER COASTER: Using Yours Ups and Downs

*We know that in all things God works for the good of those who love him, who have been called according to his purpose.* Romans 8:28

Erik Rees opens Day 12 asking if you've ever felt that your life was like an elevator ride—is he peeping in our windows? Most people would agree that life is moving pretty fast, and change is the only constant. The state of the world's economy, political unrest, unstable weather patterns...not to mention the challenges of maintaining our health and handling family responsibilities—life definitely has its ups and downs. Fortunately our lives don't have to be filled with drama in order for God to use our experiences to his purposes. Rees tells us that we must simply yield our lives, its circumstances and experiences- to his purposes. In doing so, someone will receive the help that only you can give—the message that you were born to bring.

Rees encourages us to make a map of the highpoints in our lives: personal achievements, educational successes, strong relationships, and triumphs of spirit. Use the space below:

#### **High Points In My Life:**

Rees directs us to ask God how you can use these moments to build something unique and lasting in your life that will also serve the needs of others.

Conversely, it has been said that “What goes up must come down”; in some people's lives it seems as though there are more downs than others.

Rees reminds us that if we want our lives to count we must be willing to recognize the hard times are a part of God's design for us. God will use even our deepest pain if we surrender it into his hands. Rees says that your story is unique to you- the highs and the lows- and that God wants to use it all.

Just as you did with the high points, identify some of the lowest moments in your life:

#### **Low Points in My Life:**

Now release them to God and ask Him to make something beautiful of them!

Rees assures us that if we trust in God and surrender all to him-yours ups and your downs- we will discover lives that we could ever have planned for ourselves—a life that counts.

Finally, Rees reminds us that surrender is not a one-time thing, but a daily process. In order to let God rule over our lives we must yield our right o the throne and let him establish his kingdom in our hearts.

**Rees offers this prayer:**

*Dear God, help us face what has gone wrong within our lives, and help us to see that you are still good. You are the author of our lives, and your plans are for every story to end well. It's why you sent us Jesus, in whose name we pray. Amen*